

Radish

Growing Guide



About

- Radishes are a hardy, easy-to-grow root vegetable that can be planted multiple times in a growing season.
- Although it prefers full sun, spinach will still produce a respectable harvest in partial shade.
- Very good source of disease-fighting and immune-boosting vitamin C.
- Contains antibacterial and antifungal properties.
- Contains a unique phytochemical called indoles which promotes detoxification.
- Contains powerful antioxidant/flavonoids that fight against cancer and aid in healthy liver & kidney function.

How to Grow

- It's best to plant radish seeds directly in the garden so as not to disturb their roots.
- Directly sow seeds outdoors ½ to 1 inch deep and 1 inch apart in rows 12 inches apart.
- Plant another round of seeds every 10 days or so—while weather is still cool—for a continuous harvest of radishes in the late spring and early summer.
- For a spring planting, sow seeds 4–6 weeks before the average date of last frost.
- You can plant radishes later than any other root crop in late summer or early fall and still get a harvest. Sow seeds 4–6 weeks before the first fall frost.
- Radish seeds can be planted in both the spring and the fall, but growing should be suspended in the height of summer, when temperatures are typically too hot.
- Plant in a sunny spot. If radishes are planted in too much shade—or even where neighboring vegetable plants shade them—they will put all their energy into producing larger leaves.
- ***Thin radishes to about 2 inches apart when the plants are a week old. Crowded plants do not grow well.***
- Keep soil evenly moist but not waterlogged.



Harvesting

- Radishes will be ready to harvest quite rapidly, as soon as three weeks after planting for some varieties.
- For most varieties, harvest when roots are approximately 1 inch in diameter at the soil surface. Pull one out and test it before harvesting the rest!

Serving Size

- 1 cup of sliced radishes
 - 19 calories
 - 4 g Carbohydrates
 - 0.8 g Protein
 - 0.1 g Fat
 - 2 g Fiber

How to Prepare

- Cut the tops and the thin root tail off, wash the radishes, and dry them thoroughly. Store in plastic bags in the refrigerator.
- ALWAYS wash thoroughly before eating.

